

Thera Putty Instructions

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Thera Putty Instructions

Put a roll of putty at the base of the fingers (8b). Curl the finger tips into the putty without moving the big knuckles (8c). After the fingers have pressed into the putty, fold over and repeat. Carry out exercise with both hands. 9. Squeeze: Complete activities 1, 2 and 3. Form the putty into a barrel shape (9a) and place in palm of your hand.

Theraputty Hand Strength Exercises | NHS GGC

Thera Putty Instructions 1) Finger Press (Flexion) Place NCM TheraPutty™ into the palm of the hand and press fingers through the putty until the fingertips reach the palm, resulting in a fully clenched fist. Release fingers and roll putty in hands to reshape, and repeat exercise.

Thera Putty Instructions - atcloud.com

you instructions regarding repetitions and intensity of use and notification in case pain is experienced. Care: Wash hands before use to prevent soiling and to help maintain resistance of the putty. TheraPutty should be kept in its case when not being used. It should not be placed on rugs or fabrics for a prolonged

TheraPutty exercises

into the shape of a ball. Pinch putty between the thumb, index and middle fingertips until the fingers press through the putty. Key Pinch: Form NCM TheraPutty™ into the shape of a ball. Pinch putty between the tip of the thumb and side of index finger. Repetitions 11) Wrist Extension Rest the forearm on a table or arm

NCM TheraPutty - North Coast Medical

Thera-Putty Home Exercise Program Repeat these exercises ____ times for ____ times a day and press into the putty. • Make a hook with your fingers • Squeeze your fingers into the putty like you are making a fist. • Place a one -inch thick piece of putty between each pair of fingers and squeeze together.

Therapy Putty Exercises Pdf - 11/2020

Thera Putty Instructions - electionsdev.calmatters.org Hold the putty with both hands and roll into a ball. With the thumb and finger pads of your preferred hand, pinch off small pieces of putty by twisting and pinching the end of the ball.

Thera Putty Instructions - dev.babyflix.net

Thera-Putty HEP. When you send your patient home with theraputty, this handout gives the instructions on some of the most common exercises.Download » Tendon Glides HEP. Our most common hand exercises, this handout uses simple images to explain 6 different AROM exercises.

Theraputty Hand Exercises Handout - 11/2020

TheraPutty Instructions provides guidance on using TheraPutty to strengthen finger, hand, and forearm muscles. Each purchase includes 25 instruction sheets that can be handed out to hand therapy clients for use at home. There are 12 different exercises illustrations with written descriptions under the pictures.

TheraPutty Instructions FOR SALE - Rehabmart.com

Grasp the putty with the little finger side of both hands. Pull the putty apart. Two handed palmar pinch Pinch the putty between your thumbs, index and middle finger tips with both hands, and pull the putty apart. Finger extension Roll the putty into a tube while lifting your straightened fingers. Finger adduction Make a putty rope.

therapeutic putty exercises - Guy's and St Thomas

Theraputty is a strong, non-toxic, latex free putty-like material that leaves no residue and won't fragment, separate stain or stick to skin. There are 6 different colours, each having a different degree of resistance when handled. The putty can be stretched, pinched, kneaded, squeezed and separated.

Theraputty Hand Strength Exercises | NHS GGC

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Thera Putty Instructions - builder2.hpd-collaborative.org

Thera Putty Instructions Form the putty into a barrel shape (9a) and place in palm of your hand. Bend Page 4/29. Online Library Thera Putty Instructions fingers around it making a fist and squeeze (9b). Carry out exercise with both hands. 10. Thumb Press: Complete activities 1, 2 and 3.

Thera Putty Instructions - Gymeyes

Thera Putty Instructions 1) Finger Press (Flexion) Place NCM TheraPutty™ into the palm of the hand and press fingers through the putty until the fingertips reach the palm, resulting in a fully clenched fist. Release fingers and roll putty in hands to reshape, and repeat exercise.

Thera Putty Instructions - fdikt.29155.fifa2016coins.co

Hand therapy putty exercises can help you regain strength and dexterity in your hand with a simple, affordable accessory. Before we dig into the exercises, we will discuss how to get the most of your hand putty exercises. Getting the Best Results from Hand Putty Exercises Hand therapy putty exercises are a great way to ... Helpful Hand Therapy Putty Exercises + Free PDF Read More »

Hand Therapy Putty Exercises to Try at Home + Free PDF ...

Base putty with pellet packs 10-26702½ oz. base putty, 1 pack 10-26711 lb. base putty, 6 packs 10-26725 lb. base putty, 32 packs Base putty only 10-26802½ oz. base putty 10-26811 lb. base putty 10-26825 lb. base putty Pellet packs (4 pellets per pack) 10-26901 pellet pack New formula allows you to warm exercise putty in a microwave. Use ...

EXERCISE PUTTY - ACTIVEABLE.com

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Thera Putty Instructions - orrisrestaurant.com

Putty is known for oozing through woven material. Use ice to harden the putty and scrape it away, and then spray on upholstery cleaner with a brush. Use Woolite for the remaining stain. This is how I get small spots of therapy putty out of clothing. Take the whole wad of putty and press it hard on the putty on the shirt.

It's Everywhere!! The Therapro Guide to Getting Putty Out ...

Wear & Care Instructions. Here is an easy hand out to provide to your patients with instructions on how to take care of their new orthosis and a customizable wearing schedule. ... Thera-Putty HEP. When you send your patient home with theraputty, this handout gives the instructions on some of the most common exercises.

HEP Handouts and Resources | Hand Therapy Academy

Color-coded putty has a different consistency for strengthening the weakest grasp to extra firm Available in convenient easy-to-open plastic containers for patient use at home Putty material is not made with gluten, casein or latex

Copyright code: [d41d8cd98f00b204e9800998ecf8427e](https://www.d41d8cd98f00b204e9800998ecf8427e).